

# West Carleton Community Support Services Calendar –May 2018



<b>Monday</b> <b>Constance Bay</b> <b>Open 10:00-3:00</b>	<b>Tuesday</b> <b>Fitzroy Harbour</b> <b>Open 10:00-3:00</b>	<b>Wednesday</b> <b>Fitzroy Harbour</b> <b>Open 10:00-3:00</b>	<b>Thursday</b> <b>Constance Bay</b> <b>Open 10:00-3:00</b>	<b>Friday</b>
	<b>1</b> 1:00-4:00 Community Home Visits	<b>2</b> 10:00-11:30 Storytime 11:00-12:00 Walking Club 1:30-4:00 Crafts with Colleen at CBBCA	<b>3</b> 1:00 WCSG Cribbage at Carp Memorial Hall 1:00-4:00 Community Home Visits	<b>4</b>
<b>7</b> 1: 00 WCSG Car Rally at WC Legion 2-4/Car 1:30-4:30 Bridge Club	<b>8</b> 1:30-2:30 Coffee and Current Events	<b>9</b> 10:00-11:30 Storytime 11:00-12:00 Walking Club 1:30-4:00 Crafts with Colleen at CBBCA	<b>10</b> 1:00 WCSG 6 Hand Euchre at Kinburn CC 1:30-2:30 Coffee and Current Events	<b>11</b> 11:00 West Carleton Diner’s Club in Kinburn. Entertainment by “The Diplomats”
<b>14</b> 1:30-4:30 Bridge Club	<b>15</b> 1:00-3:00 Drop In 1:00 WCSG 4 Hand Euchre at WC Legion	<b>16</b> 10:00-11:30 Storytime 11:00-12:00 Walking Club 1:30-4:00 Crafts with Colleen at CBBCA	<b>17</b> 1:00-3:00 Drop In 1:00 WCSG 5 Pin Bowling in Arnprior	<b>18</b> 10:00-3:00 Drop in at St. James Anglican Church Carp 1:00 WCSG Shuffleboard at Fitzroy CC
<b>21 VICTORIA DAY</b> Office Closed	<b>22</b> 10:00 WCSG Poker Walk at Carp Outdoor Rink 1:00-4:00 Community Home Visits	<b>23</b> 10:00-11:30 Storytime 11:00-12:00 Walking Club 1:30-4:00 Crafts with Colleen at CBBCA	<b>24</b> 1:00 WCSG Bridge at Kinburn CC 1:00-4:00 Community Home Visits	<b>25</b> 10:00 WCSG Golf at Madawaska GC \$\$ 11:00 West Carleton Diner’s Club in Carp. Presentation: City of Ottawa “Garbage and Recycling-What you need to know”
<b>28</b> 10:00 WCSG Carpet Bowling at Fitzroy CC 1:30-4:30 Bridge Club	<b>29</b> 1:00-3:00 Drop In	<b>30</b> 10:00-11:30 Storytime 11:00-12:00 Walking Club 1:00 WCSG Timed Walk at Bethel St. Andrews (Approx 2-3 km) 1:30-4:00 Crafts with Colleen at CBBCA	<b>31</b> 10:00 WCSG Lawn Bowling at Galetta CC 1:00-3:00 Drop In	

Constance Bay Community Service Centre- 262 Len Purcell Drive- Open 10:00-3:00  
Fitzroy Harbour Community Service Centre- 184 Jack Lougheed Way- Open 10:00-3:00



### ***Community Home Visits***

Service Coordinators will be in the community providing support and service coordination through home visits.

### ***Storytime***

Join us at Storytime where the books come to life with songs, puppets and exciting twists. Be transported into a new adventure every week! Ideally suited for children 2-6 years (younger siblings welcome). Please note this activity will take place in French and English.

### ***Walking Club (weather permitting)***

Join us for some exercise and good company as we walk around the neighbourhood. Light refreshments will be served.

### ***Crafts with Colleen***

Bring your ongoing project and join us in the small room beside the library where we will be knitting, crocheting, rug hooking, weaving, jewelry making. A kettle is always at the ready to make hot drinks. Please e your own mug, as well as your ongoing craft project. **For more information, contact Colleen at 613-832-4666.**

### ***West Carleton Senior Games (WCSG)***

Events have been organized by the West Carleton Senior Council and WOCRC will be participating.

### ***Bridge Club***

“Aunt Alice’s Bridge Club”, The Bay’s longest running bridge club welcomes new **experienced** members. For more information, **please contact Andy Rapoch at 613-290-8311 or [adults55plus@cbbca.ca](mailto:adults55plus@cbbca.ca).**

### ***Coffee and Current Events***

Join us for a cup of coffee or tea while we enjoy a friendly discussion about what’s happening in our community, our city and abroad.

### ***West Carleton Diner’s Club***

Western Ottawa Community Resource Centre and community volunteers host a nutritional lunch, entertainment, and/or educational program for seniors and adults with physical disabilities living in our community – a great way to socialize, learn and have some fun at the same time! Catered by Greensmere Golf and Country Club and Lorne Sutherland Women’s Institute. **Registration required at 613-591-3686 ext. 327.**

### ***Drop In***

WOCRC staff will be on site to provide support, information, referrals and practical assistance to community members for a variety of services including, transportation, frozen meals, foot care and social opportunities. Light refreshments available.

**For more information on the calendar events or any other services, and to register call 613-591-3686 ext. 3 or email [css@wocrc.ca](mailto:css@wocrc.ca).**